

Thursday December 9th, 2010

Dr. Sarah MacDonald – presenter

Obesity is associated with a host of serious health-related complications. Some major complications include type 2 diabetes, cardiovascular disease and stroke, which reduce overall quality of life and increase the risk of death. Maternal obesity has become a focus in the field of obesity-related research, because fetal health outcomes can be influenced by maternal health during pregnancy. On Thursday December 9th 2010, the Canadian Obesity Network-Student and New Professional: McMaster University Chapter (CON-SNP@Mac) hosted an Academic Seminar featuring Dr. Sarah MacDonald, who spoke about the various detrimental effects that gestational weight gain has on the developing fetus and mother. Dr. MacDonald is an Associate Professor and Clinician from the Department of Obstetrics and Gynecology at McMaster University. Dr. MacDonald's presentation highlighted various health consequences of maternal obesity, including elevated risk of neural tube defects, congenital heart defects, and still birth for the baby; and elevated risk of pre-eclampsia, gestational diabetes and post-partum hemorrhage for the mother.

The CON-SNP@Mac would like to thank Dr. MacDonald for sharing her expertise in the field. We also acknowledge Westdale Metro Supermarket on King St West, for providing nutritious refreshments. The next Academic Seminar is on Thursday January 27th, 2011 from 4-5pm in MDCL 3022. This seminar will feature PhD Candidate, Matthew Krause.

The purpose of the monthly CON-SNP@Mac Academic Seminars is to unify individuals in various stages of training and professions, including clinical and academic, with a common interest in obesity, nutrition and metabolism-related research, with an over-arching goal of raising awareness about issues where metabolic dysfunction could contribute to disease. Graduate students, faculty members and clinicians who are interested in being a guest speaker for an Academic Seminar are encouraged to contact the CON-SNP@Mac at conmac@mcmaster.ca, or visit the CON-SNP@Mac website by accessing the CON-SNP website and clicking on the McMaster Chapter link (www.con-snp.ca).